Drinks Diary

Reducing harm
Supporting recovery
Empowering change

Recovery near you

01 Why make change?
02 Units and alcohol guidelines
04 Weekly goals and drinks diaries
16 Useful worksheets

Why cut down and make change?

Drinking too much alcohol can have an impact on your health, relationships, employment and finances.

By making changes to your drinking this can make a big difference to these areas, it also allows time for new healthier habits.

By cutting down your drinking you may notice some improvements such as:

- Improved sleep and have more energy
- Your eyes and skin seem brighter
- May also start to lose weight
- Better concentration levels
- Your mood is better and you feel less anxious, stressed, down or depressed
- You feel better physically, with fewer headaches or upset stomachs
- You save money

Unit guidelines

To reduce the health risks from alcohol, it is recommended that a person does not drink more than 14 units of alcohol a week on a regular basis.

If you regularly drink as much as 14 units per week, it is best to spread this evenly over three or more days.

If you want to cut down on the amount of alcohol you drink, try to have several alcohol-free days each week.

What does 1 unit of alcohol look like?



You shouldn't regularly exceed **14** UNITS per week

Additional note: If you are dependently drinking (i.e. experiencing withdrawal symptoms) daily please do not suddenly stop drinking due to the risk, please speak to a health professional regarding planned reduction or detox.

Alcohol Diary

There are 6 weeks of diaries to complete. Use the diary to keep track of your daily alcohol intake.

Every time you have an alcoholic drink you should write it down. Be honest – taking control of your drinking means trusting yourself and believing you can make a change.

Make sure to note any alcohol-free days in your diary.

Weekly goals

Goals for the week ahead

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Things to remember

Tasks to achieve

Affirmation of the week

Week one

Remember change starts here!

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Date: / /

Weekly goals

Goals for the week ahead

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Things to remember

Tasks to achieve

Affirmation of the week

Week two

Switch to smaller measures, dilute your drink or space out your timings!

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Date: / /

Weekly goals

Goals for the week ahead

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Things to remember

Tasks to achieve

Affirmation of the week

Week three

Introduce some drinking ‘rules’, for example no alcohol after 8pm

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Date: / /

Weekly goals

Goals for the week ahead

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Things to remember

Tasks to achieve

Affirmation of the week

Week four

Keep busy with different activities and hobbies!

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Date: / /

Weekly goals

Goals for the week ahead

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Things to remember

Tasks to achieve

Affirmation of the week

Week five

Consider social activity without alcohol, i.e. cinema, meet for coffee, bowling, go for a walk

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Date: / /

Weekly goals

Goals for the week ahead

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Things to remember

Tasks to achieve

Affirmation of the week

Week six

Keep up the changes you've made so far!

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Date: / /

Cravings worksheet

Date/ Time and triggering situation	Thought(s)	Feelings	Craving rating (1-10)

Cost benefit analysis worksheet

Use this tool to write down the benefits and costs of drinking, labelling each short-term (ST) or long-term (LT)

Benefits (Rewards and advantages)	Costs (Risks or disadvantages)

Change plan worksheet

Changes I want to make:	
How important is it to me to make these changes? (1-10 scale)	
How confident am I that I can make these changes? (1-10 scale)	
Reasons why I want to make these changes are:	
The steps I plan to take in changing are:	
How can other people can help:	
Things that could interfere with my plan:	

Helpful contacts

Recovery Near You (RNY)
01902 444 030

Service User Involvement Team (SUIT)
01902 328 983

Alcoholics Anonymous UK
0800 917 7650

Drinkline
0300 123 1110

Frank
0300 123 6600

Samaritans Helpline
116 123

Breaking Free

Confidential online tool that can access anytime time of day to support your treatment and recovery.

www.breakingfreeonline.com
Access Code - Wolves11

Notes

Notes

Recovery near you

Website: **recoverynearyou.org.uk**
Call: **0300 200 2400**

nacro.org.uk
Registered charity
no. 226171